WINTER TERM WORKSHOPS 2024

REGISTER
MONDAY, NOVEMBER 13-
MONDAY, DECEMBER 11

QUESTIONS?
EMAIL WTW@MIDDLEBURY.EDU

The Student Activities Office is happy to provide the 2024 Winter Term Workshop programs. **All workshops are free and non-credit bearing.**

Workshop Registration Information:

Register for the workshop(s) of your choice starting Monday, November 13, 2023 until 11:59pm Monday, December 11, 2023 using Ideal Logic (go/ideal) or the provided link. **Please use your Middlebury single sign on when logging in to Ideal Logic. If you have any questions regarding a workshop, please email the instructor directly.**

- Workshops begin Thursday, January 4, 2024 and end Thursday, February 1, 2024.
- The deadline to cancel your attendance in a workshop is Tuesday, January 2, 2024.
- **Asterisked workshops are offered for P.E. credit; you must attend at least 8 hours to receive the PE Credit.**
- Contact the Student Activities staff at wtw@middlebury.edu if you have any questions.

20 Seconds at a Time

This is a wellness workshop that focuses on the neurobiology of simple pleasures. We will work on resilience to daily stress, but there will be a lighter side as we map our autonomic nervous system responses to music, pictures of kittens, and other experiences.

Registration Link:
https://docs.google.com/forms/d/1-rPeC6ZVVaYCo35ntPWDhSmIWpniSpeD15sDbZlNBV8/prefill

MEETING:	Friday, 1:15pm-2:30pm 1/12, 1/19, 1/26
LOCATION:	Mitchell Green Lounge
Instructor:	Leila McVeigh

Acting Exploration Workshop

Over the course of J-Term, students will put together short 3-5 min performances lip-syncing to their favorite songs, bring the magic of music videos to the stage. Remember Tom Holland and Zendaya's epic smackdown, create an epic production of your own imagination. Students will explore not only what it is to perform on stage, but also what it means to accent performances with lights, costumes, and props. This serves as a great introduction to theatre and live performances, no experience necessary.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_450c1ef71ad0

MEETING:	Monday, Thursday, 6:00pm-7:30pm 1/8, 1/11, 1/15, 1/18, 1/22, 1/25, 1/29, 2/1
LOCATION:	CHT 005
Instructor:	Emma Dobson

Basic Audio Engineering for Live Events

Are you passionate about music and intrigued by the magic that happens behind the scenes during a live performance? The Audio Engineering Workshop: Mixing Bands for Live Performance; is your gateway to the exhilarating world of live sound mixing. Whether you're an aspiring audio engineer or a band enthusiast looking to enhance your understanding of the live sound experience, this workshop is tailored to cater to your interests. Dive into the fundamental concepts of live sound engineering, including signal flow, acoustics, and equipment setup. Understand the key components of a live sound system and how they work together to create a sonic masterpiece.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_4ef5306c574f

MEETING:	Tuesday, 7:00pm-9:00pm, 7:00pm-11:00pm* 1/9, 1/16, 1/23, 1/30*
LOCATION:	FIC Bunker
Instructor:	Sam Hurlburt
Co-Instructor:	Dave Wilder

Beginner Tap Dance Workshop with On Tap!*

Spend your J-term learning to tap dance! On Tap's Winter Workshop is open to all, no tap experience required or expected. We will learn some basic tap steps, like shuffles, paradiddles, maybe even some time steps! We'll provide the shoes, the music, the moves... all you need to bring is the fun!
*This workshop has been approved for PE Credit

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9bcdf0fbc521

MEETING:	Wednesday, 4:30pm-6:30pm 1/10, 1/17, 1/24, 1/31
LOCATION:	Wilson Hall
Instructor:	Julia Roth
Co-Instructor:	Natalie Eddy

Black Farming, Black Food, Black Studies

According to the 2017 Census of Agriculture, white farmers owned 6,773 farms and accounted for 1,185,550 acres of land in Vermont. In contrast, the census showed a total of 17 Black owned farms who steward 3,960 acres. As Vermont continues to grow, come with me on my Black Studies senior project to learn about how Black Vermont farmers center food sovereignty, afrocentric regenerative agriculture, and community oriented earth work. Together as a winter term workshop, we will read chapters from Ashanté M. Reese's Black Food Matters and Black Food Geographies and Leah Penniman's Farming While Black and Black Food Wisdom to explore how Black Studies offer a lens through which we can engage in community oriented activism and research. Coupled with 4 weekly farmer dinners from a diverse range of Black Vermont farmers, we will collaboratively and collectively create a public facing zine that

highlights the importance of Black land ownership in Vermont. This project is built on a summer of senior work research and 2 years of farming experience in Vermont BIPOC foodways.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_94074a6c2806

MEETING: Tuesday, Thursday, 10:30am-11:30am, 6:00pm-8:00pm
1/9, 1/11, 1/16, 1/18, 1/23, 1/25, 1/30, 2/1
LOCATION: AXN 220, TBA*
Instructor: Crystal Zhou

Bollywood Dance Workshop

As a dance enthusiast and a South Asian, I would love to share my love towards Bollywood with other people. I have been dancing my whole life and I love teaching people how to do Bollywood Dances. Given the diverse community in Middlebury, I feel like there hasn't been enough representation of cultural/country specific dances, especially for beginners and people who want to learn more about other people's cultures. I think it would be a fun movement workshop given that it is also winter, to warm people up and also share culture at the same time.

During this workshop, I will be choosing a bunch of fun and cool Bollywood music and teaching people some of the hook steps, some of my own choreographies as well as so much about the South Asian Culture.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_53cb3deee7ab

MEETING: TBD
LOCATION: TBD
Instructor: Meghasha Dangal

Bridge Workshop

Are you, much like every other student at Middlebury fretting the day you enter the premises of a retirement home?!? Fret not dearest compatriot, for this workshop aims to teach students the game with the oldest average playing age: bridge. In this workshop bidding, playing, finessing, scoring, and a variety of other skills are bestowed upon students aimed at achieving bridge literacy. Players of any experience are welcome! Standard American Yellow Card bidding (SAYC).

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_f5a15c8076ce

MEETING: Friday, Monday, 6:45pm-8:45pm
1/5, 1/8, 1/12, 1/15, 1/19, 1/22, 1/26, 1/29
LOCATION: AXN 104
Instructor: Lia Smith

Celebrating the Birthday of the Trees: creating a communal celebration of an ancient environmental holiday

There is a holiday in the Jewish Calendar called Tu B'shevat, and referred to in English as the Birthday or New Year of the Trees. This year it falls on the evening of January 24th and day of January 25th. In this workshop we will learn about the origins and evolution of this holiday: from an ancient calendar date for tree fruit tithing in the land of Israel to a medieval mystical ritual meal to a contemporary environmental holiday in North America. We will also craft and produce a celebration of the holiday, open to the whole campus, and drawing inspiration not only from the Jewish celebration and ritual, but also from other faiths and philosophies--including the New Perennials Project here at Middlebury. If you are interested in how ritual and celebration can contribute to our communal work addressing the climate crisis, or you just love trees or bringing people together for a meaningful feast--this workshop is for you.

Depending on what we try to create together, the project may require some preparation time outside of the hours of the workshop.

If you have any questions please contact Danielle Stillman: dastillman@middlebury.edu

Registration Link: https://forms.gle/GpyaFTCN9mz5wgV78

MEETING:	Wednesday, 5:30pm-7:00pm 1/10, 1/17, 1/24
LOCATION:	The Jewish Center at FIC
Instructor:	Danielle Stillman

Dare To Dream: Self and Career Exploration and Development

Dare To Dream: Self and Career Exploration and Development–utilizing mindfulness practices, reflection, and manifestation actions to create a life you love

- Class will explore individual's personality traits, career aspirations, and offer opportunities for reflection and clarifying individual goals and values.
- Exploration of values and personality traits using different inventory tools to explore possible pathways in career or life goals.
- Incorporate self-care and compassion through exploration of different mindfulness techniques to create more happiness and joy.
- Manifestation tools – vision boards, goal setting, visualization tools.

Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSeLN_XIWZkaU_pLt2z_bMbv6Nrw-9xowyNvQpYdyPlROIBtOQ/viewform?usp=sf_link

MEETING:	Thursday, 4:30pm-6:00pm 1/4, 1/11, 1/18, 1/25, 2/1
LOCATION:	Mitchell Green Lounge

Instructor: Kristen Ginsburg
Co-Instructor: Tammy Austin

Discover the Art of Pixel Sculpture: A Hands-On Workshop

Discover the enchanting world of pixel sculpture in this course designed to unleash your creativity and bridge the gap between digital art and tangible sculptures. This course offers a captivating artistic journey that provides participants with the opportunity to work in 3-dimensional or 2-dimensional forms, laying a solid foundation for creative expression.
You'll explore the fusion of digital art with real-life sculptures as you craft intricate patterns using 1x1x1 inch wooden cubes. With patience and creativity, you'll prepare the wooden canvas, infuse it with vibrant colors, and culminate your artistic voyage with a showcase of your unique pixel sculpture.

Whether you're a beginner or a building artist, this course welcomes all levels of experience, aiming to nurture your creative exploration in a supportive and inspiring environment. Providing opportunities for growth and prosperity.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_3499a5e46d60

MEETING: Friday, 4:00pm-6:00pm
1/5, 1/12, 1/19, 1/26
LOCATION: Mitchell Green Lounge
Instructor: Kurt Le

Dungeons & Dragons

We'll be going over the basics of D&D, a popular role-playing turned-based adventure game. Prior experience is not expected, we'll be going over everything from classes, creating your first character, and how to play the game.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_6c5002ae3619

MEETING: Saturday, 7:00pm-9:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Mitchell Green Lounge
Instructor: Eric Tran

Evolution Dance Crew Winter Term Dance Workshop*

Come and dance with Evolution Dance Crew! We will be holding a winter term workshop to explore what dancing with Evolution would look and feel like. Our very own student choreographers are eager to lead our weekly workshops versed in a variety of styles ranging from Salsa, Hip-Hop, Dancehall, etc. No dance experiences required! Comfy and dance-appropriate attire is recommended.
*This workshop has been approved for PE Credit

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_b62d96701397

MEETING:	Wednesday, 5:00pm-7:00pm 1/10, 1/17, 1/24, 1/31
LOCATION:	FIC Bunker
Instructor:	Kent Canonigo
Co-Instructor:	John Bermudez

Green Dot Bystander Training

Join Health Educators george howard (they/he), Maddie Hope-Lyng (she/her), and Karly Beavers (she/her) for a complete Green Dot Bystander Training. This training will run from 2pm-8pm on Friday, January 12th 2024, and dinner will be provided. Green Dot is a bystander intervention strategy for preventing interpersonal violence, especially intimate partner violence, sexual assault, and stalking. Green Dot methods support the development of a campus culture that is intolerant to violence, offering tools for proactively preventing violence before it starts. Green Dot helps participants learn to recognize the warning signs that harm may occur, has occurred, or may be occurring over time. For active or imminent harm, Green Dot provides diverse strategies of intervention that can suit a wide variety of circumstances and interveners.

The Green Dot Bystander Training offers relevant knowledge about power-based personal violence, skills practice, and opportunities for reflection on the role you have to play in preventing violence on campus. From this training, you will be well-equipped to proactively and reactively prevent interpersonal violence and to inspire continued engagement with the Green Dot strategy in your clubs or student groups. This training is the single most thorough engagement you can have with Green Dot practice and learning. This knowledge is vitally important to sustaining a culture that impedes interpersonal violence on campus.

Questions?
Email george howard (Health Educator - Violence Prevention Education and Advocacy) at georgeh@middlebury.edu or Maddie Hope-Lyng (Mental Health Promotion Specialist and Director, Health & Wellness Education) at mhope@middlebury.edu.

Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSckrVbuZ5LvkLT54XrxE-hKAtPdIAziv7UxtMCO_dGD7NInzg/viewform?usp=sf_link

MEETING:	Friday, 2:00pm-8:00pm 1/12
LOCATION:	Ross 004
Instructor:	george howard
Co-Instructor:	Madeline Hope-Lyng

Guitar 101

Guitar has been one of the most influential and visible instruments in American culture. The allure of the six-string has captivated audiences of all backgrounds for more than a century. In this workshop we will teach the basics of guitar, no matter what type of guitar playing or music you are into. We will cover basic chords, scales, guitar techniques, music theory. We will also discuss how to play guitar in different styles, including rock, pop, country, metal, blues, jazz, and more.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_2941b84932c2

MEETING:	Thursday, 6:00pm-7:30pm 1/11, 1/18, 1/25, 2/1
LOCATION:	MAC 209
Instructor:	Joseph Jacobson
Co-Instructor:	Henry Zhan

Hunter Education Field Day*

Emphasis on hunter safety, outdoor safety & wildlife conservation. Pre-requisite 5-hour online course to participate in the Saturday workshop. The day-long field-day of hands-on activities include orienteering and live-fire target practice. Upon successfully completing the online course, field day and written test, participants will be certified to purchase a hunting license in the United States and Canada. The field-day event will take place at Kehoe Green Mountain Conservation Education Center and Shooting Range. Transportation will be provided, leaving campus at 8:00 a.m. and returning by 6:00 p.m. Portions of the day will be spent outdoors - please dress accordingly and bring a bag lunch.
*To receive the online course from the State of Vermont, please provide an email address that you will check regularly. If you sign up a friend, please provide their email.
*This workshop has been approved for PE Credit

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_808f628c4882

MEETING:	Saturday, 8:00am-6:00pm 1/20
LOCATION:	Vermont State Conservation Camp in Castleton, VT
Instructor:	Wendy Butler
Co-Instructor:	Joe Tamagni

Introduction to Poker

In Introduction to Poker, you will learn how to play, and win, Texas Hold'em games. Unlike other casino games, Poker is a game of skill, where players who understand their odds and read their opponents win. The goal of the workshop is to simply help players improve their game regardless of their skill level; if you've played in a casino or never touched a deck of cards, this workshop will be right for you. We will meet once or twice a week for practice sessions, going over the basic rules of the game, calculating your odds, and winning strategies. Some of the core concepts will include calculating probability, advanced

mental math, game theory, psychoanalysis, handling risk, and sportsmanship. Then, we will host game nights where you can take what you've learned and apply it to a game with friends. Please note that we will only be using play money, not real money, during workshop hours. Along with learning the game, this workshop is meant to create a community of people interested in playing poker.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_e5e793bb40b8

MEETING:	Monday, Tuesday, 7:00pm-8:30pm 1/8, 1/9, 1/15, 1/16, 1/22, 1/23, 1/29, 1/30
LOCATION:	AXN 220
Instructor:	Shane Silverman

J-prov

Come learn the basics of improv comedy and flex your funny muscles with the Otter Nonsense Players and Middlebrow.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_a46918253182

MEETING:	Wednesday, 4:00pm-6:00pm 1/10, 1/17, 1/24, 1/31
LOCATION:	AXN 109
Instructor:	Joey Disorbo
Co-Instructor:	Alex Myers

Koru Mindfulness

Koru mindfulness is a four-session introduction to mindfulness course designed to meet the needs of college students. Learn and practice new meditations each week while practicing mindfulness outside the sessions with the use of an app. The four sessions are designed to help you learn mindfulness through the practice of specific skills that calm and focus your mind; and through the practice of meditation. If you are feeling pressured and stressed, or just interested in learning a new skill that can enrich your life, these classes are for you!

Registration Link: go/mindful

MEETING:	Wednesday, 3:30pm-5:00pm 1/10, 1/17, 1/24, 1/31
LOCATION:	Health & Wellness Education Office (ground floor of Ross)
Instructor:	Karly Beavers

K-pop Dance Workshop*

Do you enjoy watching K-pop groups' performances and wish you could dance like that? Do you want to try dancing in a fun, beginner-friendly, and inclusive environment? This workshop will teach fun and trending choreographies from popular and beloved K-pop idol groups. This workshop aims to create a dance space that is inclusive to dancers and aspiring dancers from all levels of dance backgrounds, all the while learning fun K-pop choreographies.
*This workshop has been approved for PE Credit

Registration Link: https://forms.gle/y2Z9XXh62bXgn4bx8

MEETING: TBD
LOCATION: TBD
Instructor: Amina Matavia

Learn to Skate*

The "Learn to Skate Workshop" seeks to bring college students together to learn the basics of figure skating. Experienced college figure skaters will create a low-stress environment for participants to develop recreational skating skills using nationally certified techniques. Students will learn how to move forwards, backwards, start spinning, jumping, and can opt to learn a short figure skating routine for the annual Winter Carnival Ice Show! This is an excellent opportunity for those who have always wanted to learn ice skate but haven't had the chance. No experience is required to participate, and skates are provided.
*This workshop has been approved for PE Credit

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_7bf58b744bb3

MEETING: Tuesday, Thursday, 12:00pm-1:00pm
1/9, 1/11, 1/16, 1/18, 1/23, 1/25, 1/30, 2/1
LOCATION: Kenyon Arena
Instructor: Maya Henning
Co-Instructor: Lizzy Sherman

Mental Health Workshop Series

A series of workshops led by the Mental Health Peer Educators, including Spark a Connection, Authentic Self Care, Reducing Mental Health Stigma, and Grounding Skills. You can come to as many or as few workshops as you want to; a detailed list of each week's topic will be posted on the MHPE Instagram @mhpe.midd.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_5f81a1e0bc22

MEETING: Monday, 7:00pm-8:00pm
1/8, 1/15, 1/22, 1/29

LOCATION: Mitchell Green Lounge
Instructor: Hope Jerris
Co-Instructor: Ana Baez, Lizuly Meraz, Lily Oudommahavanh

Middlebury Mamajamas a Cappella Workshop

The Middlebury Mamajamas are a student-led, gender inclusive acapella group on campus. In our 30 year history, we've created a vibrant music-making community, all without instruments! In this workshop, we'll introduce you to some of our most beloved arrangements, spanning genres and styles. No experience required! All you need is your voice. Sheet music will be available, but the ability to read music is not at all necessary. This will be a space of experimentation, teamwork, and most importantly, fun! This workshop meets for a total of 6 hours over the course of J-Term. We hope you'll join us!

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_06f7426e0419

MEETING: TBD
LOCATION: TBD
Instructor: Peyton Mader
Co-Instructor: Beck Barsanti

Performance Engineering in Motorsports (F1 focus)

The course is a deep dive into the roles and tasks of a Performance Engineer in a Motorsports team. Some of the topics covered will include metrics, systems, simulation, and responsibilities before, during, or after a race weekend. As well as the management of multi-disciplinary departments in Project Management. No prior knowledge of Race or Motorsports Engineering is needed. Open to anyone interested in learning the ins and outs of Motorsports from a behind the scenes perspective.

Registration Link: Contact instructor for registration

MEETING: TBD
LOCATION: TBD
Instructor: Stephen Kelley

RIDDIM World Dance Troupe Workshop*

RIDDIM is an outlet for our dancers to explore their relationships with their bodies and express themselves when words fail to do so, and we wish to provide the greater Middlebury community with the same outlet that we have been very fortunate to have; our workshop will span over the course of J-Term with different world dance styles and different choreographers teaching every week. Through our workshop, we will create an inclusive and fun space that helps build confidence and knowledge around dance and performance for the Middlebury community. Our efforts will revolve around fostering a love for dance, especially catering to those who are trying out dance for the first time! We will meet the needs and wishes of the community members who attend through the accessibility of our teaching and

choreography. RIDDIM World Dance Troupe is an audition-based organization that strives to be an affirming space that embraces the exploration of an artistic process of dance, and we look forward to sharing that with the larger Middlebury community. If you have always wanted to try dance, this is your chance!
*This workshop has been approved for PE Credit

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_3728d89126f0

MEETING:	Tuesday, 6:00pm-8:00pm 1/9, 1/16, 1/23, 1/30
LOCATION:	Wilson Hall
Instructor:	Emily Kuperstein
Co-Instructor:	Gracie McDevitt

Self-Expression in the Body*

In this four-week workshop, we'll explore the physical world of communication, using our bodies as an expressive medium. Sessions consist largely of physical activity, improvisational movement, and motion-prompting speaking exercises. The goal is to develop comfort and animation in the body. No previous experience expressing yourself is required. All are welcome! I only ask that you come open to the idea that it's actually pretty cool to be expressive.
*This workshop has been approved for PE Credit

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_5895f5aa5fff

MEETING:	Monday, Wednesday, 7:00pm-8:00pm 1/8, 1/10, 1/15, 1/17, 1/22, 1/24, 1/29, 1/31
LOCATION:	Forest West Basement
Instructor:	Henry Friedman

Sinitic, Sinophone and Sino-Tibetan Linguistics

Grounded in the field of historical linguistics, this academic-but-amusing workshop will explore the past and present of speech sounds in the Chinese world, the broader East Asia, and the genetically-grouped Sino-Tibetan languages. We will together learn, discuss and debate about (and hopefully be enthralled by) the miscellaneous Chinese dialects/varieties spoken home and overseas, the linguistic relations between Japanese, Korean, Vietnamese and Chinese and the historical cause of their similarities and differences, as well as the not-so-coincidental sound correspondences between Shanghainese and, say, a Tibetan variety spoken on the Himalayas, or an endangered indigenous language found in Northeast India.

Questions and topics to be addressed also include: What are the intricate and nuanced relationships between "Mandarin," "Cantonese," and, more trickily, "Chinese"? How are languages (not) distinct from dialects? Why do some languages look similar but genetically unrelate, and how is the language

classification process done? A quick introduction to theoretical and historical linguistics will also be served. As we are yet to have a historical linguistics course here at Middlebury, this workshop will be a unique opportunity for all who interested in the change and evolution of spoken language and/or Asian cultures and histories to gather together amid the chilly, snowy winter. Though background in linguistics is not required, some familiarities with the subject's basics and with any of the East Asian/Sino-Tibetan languages (Chinese(s), Korean, Japanese, Vietnamese, Tibetan...) will be encouraged—but everyone is welcome!!

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_c51a74163d73

MEETING:	Tuesday, Thursday, 7:15pm-8:45pm 1/9, 1/11, 1/16, 1/18, 1/23, 1/25, 1/30, 2/1
LOCATION:	MBH 338
Instructor:	Gareth Junjie Yang
Co-Instructor:	Martin Shengyue Chen

Sketch Comedy Workshop

Come learn how to write sketch comedy (think SNL or I Think You Should Leave) with Middlebury Discount Comedy!

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_c9a67a858afc

MEETING:	Wednesday, 4:30pm-6:30pm 1/10, 1/17, 1/24, 1/31
LOCATION:	AXN 229
Instructor:	Keziah Wilde

Taller de danzas tradicionales colombianas

Dive into the Rhythms of Colombia: 4-Week Dance Workshop. Embark on an unforgettable journey to the heart of Colombia's vibrant culture through the art of dance! Join us for an exhilarating 4-week Colombian dances workshop that will transport you to the colorful streets of Cartagena, the lush rainforests of the Amazon, and the passionate spirit of Colombian traditions.

What to Expect:
Week 1: Cumbia Carnival - Immerse yourself in the folklore and tradition of cumbia, a dance that hails from Colombia's coastal regions. Twirl and sway to the hypnotic sounds of the accordion and drums, and feel the coastal breeze in your steps.

Week 2: Bambuco Bliss - Journey into the soul of Colombia with bambuco, a dance steeped in tradition. Explore the graceful movements and intricate steps that pay homage to the Andean highlands, where culture and history converge.

Week 3: Mapalé Magic - Get ready to unleash your inner rhythm with the infectious energy of mapalé! This vibrant and exuberant dance style, rooted in Afro-Colombian culture, will have you moving to the mesmerizing beats with heart and soul.

Week 4: Carranga Fiesta - In the final week, we'll celebrate the lively carranga style, a high-spirited musical tradition from the Andean region. Dance to the lively strings and vibrant melodies as you immerse yourself in the spirited culture of Colombia.

A welcoming and inclusive atmosphere for dance enthusiasts of all skill levels.
The workshop will be in Spanish
A deeper understanding of Colombian culture
Opportunities to perform and showcase your newfound skills
Make new friends and create lasting memories
Join us for this immersive 4-week Colombian dance workshop, where you'll not only master these iconic dance styles but also experience the soul of Colombia. Get ready to move, groove, and embrace the magic of Colombian dance!

Don't miss your chance to be part of this extraordinary journey. Let the rhythms of Colombia set your heart and feet on fire!

Registration Link:
https://docs.google.com/forms/d/1Oy2zjOFvvEbzw32ZpxTTX5pkiCsLsCzmjWCldgr1hJg/edit

MEETING:	Wednesday, 3:00pm-4:30pm 1/10, 1/17, 1/24, 1/31
LOCATION:	Spanish House
Instructor:	Luz Valeria Bedoya Cerquera

The Body Project

The Body Project is a 4-week series on growing your connection to your own body. Too often we are bombarded by messages rooted in systems of oppression and money-making schemes about how our bodies "should" look, feel or be. This interactive series is meant to honor your body's journey and the inherent wisdom inside of you. Sessions will be a combination of reflection, education, and conversation. This workshop is open to all people with a body.

Registration Link: go/bodyproject

MEETING:	Tuesday, 3:30pm-5:00pm 1/9, 1/16, 1/23, 1/30
LOCATION:	Health & Wellness Education Office (ground floor of Ross)
Instructor:	Karly Beavers
Co-Instructor:	Maddie Hope-Lyng

Transforming the Self

Here on campus we hear about conflict transformation with frequency but what does that actually look like? In this student workshop, we will host a gathering space to make sense of conflict within our own lives through somatic, written and embodied practices. We will spend time moving together, and making art through collaging, block printing, and writing. Come hang out, create, eat yummy snacks and make new friends!

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_2ddcc341991d

MEETING:	Tuesday, Wednesday, 7:00pm-8:30pm 1/9, 1/10, 1/16, 1/17, 1/23, 1/24, 1/30, 1/31
LOCATION:	MAC 109, MAC 126
Instructor:	Brys Peralta
Co-Instructor:	Hannah Ennis

Ultimate Frisbee Conditioning!

In this workshop we would specifically focus on building physical skills and techniques for the game. We would work on speed, agility, and quickness as well as cutting patters and defensive footwork. (This is different from the other workshop for this group which is specifically for teaching throwing).

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_ed714fb26753

MEETING:	TBD
LOCATION:	TBD
Instructor:	Sarah Rifkin

Ultimate Frisbee Workshop!

We will teach people how to throw a frisbee and the basic strategy of the game and will run drills with them!

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_6481055a6454

MEETING:	Tuesday, 7:00pm-9:00pm 1/9, 1/16, 1/23, 1/30
LOCATION:	Nelson Recreation Center
Instructor:	Keziah Wilde

Volleyball Winter Workshop

This workshop will be an opportunity for students to get a chance to build and enhance their volleyball skills. With an early focus on constructive drills and solidifying basics, those with little to no experience will have an opportunity to grow and expand their talents. Towards the end of the workshop, there will be more gameplay and scrimmages to give more experienced players a chance to hone their skills.

Registration Link: https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_b4d53c9af647

MEETING:	Monday, Wednesday, 5:00pm-7:00pm 1/8, 1/10, 1/15, 1/17, 1/22, 1/24, 1/31
LOCATION:	Nelson Recreation Center
Instructor:	Simon Leiderman
Co-Instructor:	Lenox Herman